

Price: \$2.00 Per Year.

Local Bonspiel

Paradise for skiers is a fair description of the area around Banff in the heart of the Rockies. The dates for the Winter Carnival at that resort have been set with a view to getting the best possible weather results. February 1-8 all eyes will be turned to this beautiful mountain resort. Wonderful scenery and perfect runs are to be found in every direction and there is a special attraction for skiers in the Mount Norquay Ski Camp which can be reached in thirty minutes flat from Banff by skis and in about 45 minutes by dog team, taking it easy. Pictures show (1) Banff from the Ski Camp; (2) the camp with a group of enthusiasts; (3) the Mills, famous musher, with his "hushlebble"; (4) a typical long ski run near the camp.

Salada Orange Pekoe has by far the finest flavour



'Fresh from the gardens'

A New Year Message of Peace

Radio, as a great unifying force in the national life of Canada, was again demonstrated on the second day of this new year when speeches by Hon. W. L. Mackenzie King, Sir Robert Borden, and General Jan Christian Smuts, former Prime Minister of South Africa, were broadcast over the Dominion from the Atlantic to the Pacific, enabling tens of thousands of Canadians to clearly hear every word spoken.

The importance from a national standpoint of Canadians being able to listen to such speeches as those given by Premier Ramsay MacDonald, and General Smuts, can hardly be over-estimated. They not only serve to link Canada more closely to other self-governing units of the Great British Commonwealth of Nations, but they likewise help our people to learn of Canada itself as it is seen and appreciated by world statesmen.

Many of the problems confronting South Africa in these early years of its autonomy as a self-governing Dominion, are similar to those which confronted young Canada and the Fathers of Confederation fifty and sixty years ago. In South Africa, as in Canada, they have problems relating to the racial origin of the two major groups in the Commonwealth and inherent in this is the problem of language. In addition, South Africa has the problem of the native black races who are free of this Dominion.

In his short address, Sir Robert Borden referred to the fact that Canada and South Africa, at the Peace Conference, appeared to have a clearer perception of the future of the Empire than did others of the Dominions. Canada and South Africa found themselves entirely in accord. Sir Robert Borden did not labor the point, nor did he take time to explain just why this should be so. But is not the reason quite self-evident? Here in Canada, at times when from one cause or another, racial and language difficulties crop up, and disharmony is made of these differences and difficulties to inflame the passions and prejudices of people, the question is frequently asked in the English-speaking provinces: Why should Canada be obliged to recognize the French language, and continue certain old French laws, when Australia is not so bound?

The answer is not so hard to seek. Canada, like South Africa, is a conquered country. It was originally a French possession, but was wrested by force of British arms from France, just as the Transvaal and the Orange Free State were wrested from the Boers. Australia, on the other hand, was colonized by English-speaking people. There was no conquest, except that over the native races. When Prime Minister Borden came to Britain, and the Boers laid down their arms in South Africa, treaties were negotiated between Britain on the one hand, and France and the old Boer republics on the other. In those treaties Britain solemnly pledged her national word and honor to the observance of certain things, and among these was recognition of certain racial, religious and language rights and privileges.

Accorded full Dominion status, the duty and responsibility of maintaining and observing both the letter and the spirit of these treaty obligations devolves upon Canada and South Africa. The national word and honor of these two Dominions is pledged just as solemnly as is that of Great Britain itself. And if Great Britain, Canada, South Africa, and the whole Empire were prepared to go to war and make all the sacrifices entailed in the great world struggle with Germany in order to keep Britain's pledged word guaranteeing the neutrality and independence of Belgium, how much more should all portions of the Empire loyally, faithfully, generously, fulfill those obligations which alone made Confederation possible in Canada, and has made South Africa a loyal unit in the Empire?

In his speech, General Smuts dwelt at length upon Canada's leadership in the Empire, and the great contributions which this Dominion has made in the cause of national unity, Empire unity and solidarity, and world understanding. It was Canada's example which united in South Africa the various peoples of the Empire, and it was the confidence with which Nations possible—the League being, as General Smuts pointed out, but the exemplification and extension of the same principles upon which the British Empire is founded and continues to exist and prosper.

Speaking of Canada, General Smuts used words which every Canadian should take to heart, and which, in concluding this article, we quote: "You have taken the lead in many respects. You took the lead in racial settlement. The Prime Minister has referred to the coincidence with our situation in South Africa. Our racial circumstances resemble your own. If we have reached a happy solution of our great racial question in South Africa, it is largely due to the policies you have set. You found the first solution of the racial question and we have followed you, and the precedent you have set and which we are following. I hope will be followed more and more by other nations of the world, so that racial questions will cease to trouble the peace of the world and instead be a source of division, will become the bond of union between the nations of the earth."

A Convincing Thought

It was necessary for taxation purposes to decide which side of the Canadian and United States border a farm, which an old lady had just purchased, actually lay. Surveyors finally announced that the farm was just on the American side of the border. The old lady smiled with relief. "I'm so glad to know that," she said. "I've heard that winters in Canada are terribly severe."

Novel Wall Decoration

In a barber's shop in Ilangton, the walls and ceilings are completely covered with thousands of minute pieces of plate-glass mirror which the proprietor, Mr. Frost, has cut and painted in all colours of the rainbow and in all shapes from stars to roses. The largest piece of glass is less than an inch square, and the total number is about a quarter of a million.

A man with no aim in life is just as much handicapped as a dog with no tail to wag.



Too Much

DR. WILLIAMS' PINK PILLS

Many people, two hours after eating, suffer indigestion as they climb it. It is usually excess of food, and is cured by an alkali. The best way, the quick remedy, is Dr. Williams' Pink Pills. It has been recommended for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and each bottle contains enough to disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy remedy—Dr. Williams' Pink Pills for your own sake—now.

Be sure to get the genuine Phillips' Pink Pills. They are prescribed by physicians for 50 years in correcting excess acid, and each bottle contains full directions—any drugstore.

A DISTINGUISHED VISITOR



TAKE GOOD LIVER OIL AND LIKE IT

SCOTT'S EMULSION

AS TASTE IT TODAY!

Book Brings Good Price

First Edition of Hawthorne's "Scarlet Letter" Worth Large Sum

To buy a book for \$1 and two days later receive an offer of \$1200 for it was the good fortune of Mrs. Doris Hood, of Toronto.

Recently Mrs. Hood purchased a group of old books and discovered among them a first edition of Nathaniel Hawthorne's "Scarlet Letter," printed at Boston in 1850. The book is quoted in bookellers' catalogues at prices ranging from \$1000 to \$1500.

Besides "The Scarlet Letter," Mrs. Hood found a first edition of "Marble Faun" by the same author, printed in 1860, and valued at \$100.

WAS ALWAYS AILING

NEVER FELT WELL

Health Restored Through the Use Of Dr. Williams' Pink Pills

"I am one of the many who have found new health through the use of Dr. Williams' Pink Pills," says Mrs. Doris Hood, of Toronto. "For some years I never felt well, and at times was so weak that I could not get on my feet. At all times to do my housework. I was always tired and nervous, and breathless at the least exertion, and very pale. Before Dr. Williams' Pink Pills were recommended to me I had tried several medicines, but without success. I felt that I was completely discouraged and had no more strength left. A friend strongly urged me to take Williams' Pink Pills, and finally consented to do so, but without much hope that they would help, where other medicines had failed. But in this, to my joy, I was mistaken. I had not been taking the pills very long when I knew they were helping me. As I continued to use them my appetite improved, I slept better at night, and my strength was gradually returning. I continued taking the pills for several weeks, and I feel myself a well woman, and I believe that I have been cured. Dr. Williams' Pink Pills I would say are a priceless blessing. The pills have since been taken by my family, with the same beneficial results. I strongly urge every weak woman to try this grand health-building medicine."

If you will send your name and address to The Dr. Williams' Medicine Co., Brockville, Ont., you can get these pills through any medicine dealer or by mail at 50c a box. The Dr. Williams' Medicine Co., Brockville, Ont.

Cheap Phonograph Records

New Chemical Compositions Will Make It Possible To Produce Records To Sell At 15 Cents

Phonograph records selling at 15 cents each and related like magazines at newspaper stands throughout the United States, will go on the market soon, as the result of the discovery of a new chemical composition known as durium, according to an announcement made by Dr. Hal T. Beams, professor of chemistry at Columbia University.

A huge corporation, known as the Durium Products Corporation, already has been formed for the manufacture of records, the announcement said.

Discovery of the new composition was made after three years of experiment, according to Dr. Beams. Durium is liquid in its original form, he said, and is transformed by subjection to heat into an insoluble, infusible solid, which combines hardness and flexibility to a remarkable degree.

Records made from durium are printed on an ordinary printing press. A die of three parts is covered with the substance, which is a clear golden color, resembling amber.

Miller's Worm Powders attack worms in the stomach and intestines at once, and no worm can escape contact with them and live. They also correct the unhealthy conditions of the digestive organs that invite and encourage worms, setting up reactions that are most beneficial to the growth of the child. They have attained their full power in hundreds of cases, and at all times are thoroughly trustworthy.

Would Take Some Fixing

The following letter was received at the office of a railway mail service company: "Dear Sirs—The evening papers have not been coming regularly. Today I got yesterday's paper, and when I got yesterday's paper, the next day I got the paper of the day before the day of the paper I got the day before. Last year I received the paper of the day before and never once was there a misce. Please fix it."

No child should be allowed to suffer an hour from worms when prompt remedy—Mother's Own Worm Expeller—can be got in a simple but strong remedy—Mother's Own Worm Expeller.

The Crown Colony of Hong Kong was ceded by China to Great Britain in January, 1841.

Visitors to the English Parliament receive 1,000 on ordinary days and more than 20,000 every Saturday.

That Sure Throat Needs Minkara's.

W. H. N. 1820

Safekeeping Life At Sea

Parliament Will Likely Deal With Problem At Next Session

Parliament at the forthcoming session will probably be asked to enact legislation putting into effect some of the provisions of the convention which resulted from the "safety of life at sea" conference. This was held last year and was attended by Alex. Johnson, deputy minister of marine. While the general provisions of the convention do not become effective until 1931, a number of them are considered of sufficient urgency to warrant their being adopted by the signatory governments at the earliest. This has particular bearing on radio apparatus. The convention agreed that henceforth ocean-going ships generally must carry wireless. It will be compulsory for passenger vessels and also for freighters of 1,600 tons and over. Each administration has discretion exempt from this provision specified voyages where the administration is satisfied that these do not involve any hazard.

According to international agreement, a passenger ship is one which carries 12 passengers and over; but it is stated that there are circumstantial cases under which small vessels coming within that classification operate without the remotest risk. Such ships would be exempt from the proposed legislation.

Hitherto one of the difficulties has been the keeping of the radio apparatus. The cost of maintenance, involving, as it does, the payment of no fewer than three operators, is at times prohibitive in order to meet this problem, however, the conference has devised an automatic system which reduces the number of operators to one. The automatic sends out its message in four second dashes, and this reaches the one-man radio equipped freighter by the ringing of a bell both in the signal-house and in the chartroom. Thus, if the operator is off duty, the officer on watch receives the warning signal, and immediately is able to communicate that fact to the operator who can thus proceed to his post and take the message.

The conference developed other requirements for safekeeping life at sea, but it is believed that only those dealing with radio will be taken up in the Canadian parliament this next session.

Settling the West

538 Families Settled Permanently on Canadian Farms By Colonization Association

A total of 538 families were settled permanently on Canadian farms in the first eleven months of 1929 by the Canada Colonization Association. It was stated at Saskatoon the other day that the total does not include those families placed as workers for other farmers, and which, if added, would raise the total to 1,210 families. The area covered by the permanent placements this year is 125,441 acres.

Winds are produced by differences in atmospheric pressure in various locations.

Madrid's Great Worry

Abandoned Donkeys Are Proving Problem For Spanish City

New York has the problem of disposing of abandoned automobiles, but in Madrid it's abandoned donkeys. Every once in a while a little donkey is found on the streets, either lost, or abandoned by an owner who could no longer afford to feed the animal. The difference between an abandoned automobile and an abandoned donkey is that the automobile occupies space, but eats nothing, while the donkey does both. The City of Madrid spends quite a bit of money every time a donkey is found on the street, and is therefore anxious to get rid of him as soon as possible. Auction sales are announced, but frequently no buyers are immediately found.

The Oil For the Athlete.—In rubbing down, the athlete will find Dr. Thomas' Electric Oil an excellent aid. It rubs the muscles, and is as pliable as the sorest oil. It then, as a strengthening oil, it strains that may be put upon them. It stands pre-eminent for this purpose, and athletes who for years have been using it can testify to its value as a lubricant.

For the first 10 months of the present year Canadian exports were \$1,004,653,253. In the corresponding period of 1928 exports totalled \$1,070,909,345. The decrease in grain and other exports are almost twice as much as the total decrease of all exports. The increase in manufactured goods largely offset the falling off in the grains.

Minard's Wards Off Grippe.

The United States ranks first among the countries exporting radio hosiery to Egypt.

Children's Colds

Best Treated Externally

That's why modern mothers prefer Vicks—It cannot upset delicate stomachs. Rubbed on throat and chest, it acts two ways at once:

(1) Its healing vapors released by the body heat, are inhaled direct to the air passages;

(2) It "draws out" the soreness like an old-fashioned poultice.

acts 2 ways at once

VICKS VAPORUB

OVER 20 MILLION JARS USED YEARLY

World's Richest Country

In Wealth Per Capita Switzerland Is In the Lead

The commonly accepted impression that the United States leads the world in per capita wealth is corrected by a table issued by a Wall Street journal. The United States stands in third place. Switzerland leads with a wealth per capita of \$3,126; New Zealand follows with \$5,028. The United States is third with \$3,000. Other important countries are not far behind. Canada following the United States with \$2,778; Australia, \$2,710, and Great Britain, \$2,677. At the tail of the procession is Russia, whose wealth is estimated at but \$215 to the head of population. Wealth is saved capital and statistics show that a people with little wealth may still be prosperous, even though living costs are relatively high.

Don't Submit To Asthma. If you suffer without hope of breaking the chains which bind you do not put off another day the purchase of Dr. J. D. Kellogg's remedy. A trial will drive away all doubts as to its efficiency. The sure relief that comes will convince you more than anything that can be written. When help is so sure, why suffer? This matches remedy is available everywhere.

Alberta Oil

More than 200 wells have been drilled or are drilling in Alberta, and plans are under way for starting at least 50 more in the spring. Turner Valley accounts for 37 actual producers with an output of 100,000 barrels of crude naphtha per month, and 200,000,000 cubic feet of natural gas daily.

CORNS

Stop Aching Drop Off

USE PUTNAM'S Corn Extractor

Cut Down Food Wastage

---by covering all perishable goods with Para-Sani. Waxed Paper, Para-Sani moisture-proof texture will keep them fresh until you are ready to use them. You'll find the Para-Sani sanitary knife-edged carton handy. Or use "Centre Pull" Packs in sheet form for food covering. At grocers, druggists, stationers,

Appelhof Paper Products

HAMILTON ONT.

Western Representatives:

HUNTER-MARTIN & CO., REGINA, SASK.

Present Attitude Of France and Italy May Endanger Naval Parley

London, Eng.—Will Italy's claim to parity with France and the French refusal to concede it, imperil the forthcoming five-power naval conference?

This is the question official quarters here are regarding with anxiety in spite of the general feeling of optimism which pervades the government.

Premier Ramsay MacDonald apparently has little doubt that Britain and the United States and Japan will agree on the question of capital ships, anyhow on cruisers with some minor adjustments, and on the large type of submarines, but the Mediterranean situation bristles with difficulties and dangers.

It would appear that Britain's Labor Government believes a "gentleman's agreement" can be reached between France and Italy but that this might lead the government to consider a Mediterranean Locarno, which has already been denounced by the official Daily Herald.

Every effort will be made by the British delegates to get Italy and France to settle their differences in the early stages of the conference so as to leave the way clear for a general agreement.

It is recognized now that there is little hope of securing abandonment of the submarine by France or Italy, although there are good prospects of securing abolition of the larger types of underwater craft, which in reality are underwater cruisers.

But if France and Italy maintain their present attitudes—France, that owing to her huge colonial empire she must have adequate protection in the Mediterranean and therefore a larger fleet than Italy; and Italy, that she cannot accept an inferior position owing to her prestige, apart from her naval needs—the conference might be wrecked before it is launched, and all British diplomat's efforts are now being devoted to this phase of the situation.

Mounties End Long Chase

Chinese Convicted In Vancouver Traced Over Thousand Miles
Chicago.—After a thousand mile chase through Western Canada and the western United States, Wong Wa, Chinese, who was convicted of peddling narcotic drugs in Vancouver in 1928, was in custody here through the efforts of the Royal Canadian Mounted Police. Wong Wa fled from Vancouver after his conviction, forfeiting \$100,000 bail, and fled through Seattle to Dakota and back into Canada. The Canadian officials, who were traced to Winnipeg, Windsor, Detroit and finally to Chicago where extradition proceedings will be taken.

Aid For Swedish Settlers

C.P.R. Has Offered Loan To Refugees From Russia

Stockholm.—A loan of \$100,000 has been offered by the Canadian Pacific Railway Company to enable emigration to Canada of 62 Swedish families recently deported from a village in Southern Russia. The refugees have not yet decided whether to accept the offer.

Most of the 900 persons who, after 150 years' exile by their families were brought back to Sweden will remain here. A small contingent has decided to settle elsewhere, preferably in Canada.

Ramsay MacDonald's Attitude On Naval Program Causes Concern

London, Eng.—A certain amount of uneasiness is expressed in some of the newspaper editorials with regard to Premier Ramsay MacDonald's statement on leaving Lonsomehouse, London:

"Britain, with the full consent of the majority up to now, is prepared to make proposals which will mean considerable reduction in the naval program without in any degree impairing the security of the empire."

The Morning Post says: "The country still is in the dark as to what the proposals are," and adds, while Premier MacDonald claims to be an exponent of new diplomacy, his methods have been at least as secretive as the old."

Canada and U.S. Air Mail

Four Direct Contacts To Be Established Between Systems Of Two Countries

Ottawa.—Closer co-operation between the Canadian and United States postal services relative to air mail, and an extension of the air mail services, which goes into effect January 1, 1930, will be discussed at a conference in St. James Palace, London, on Tuesday morning, January 21.

In addition to the speech of the King, addresses will be heard from the representatives of the five powers and of the British Empire. Colonel Ralston, Canadian Minister of National Defence, will be the first representative of the British Empire to speak, being seventh on the list of speakers.

The arrangements made to broadcast in Canada will complete a worldwide radio coverage, the first in history, the broadcast extending over Europe and to the Orient.

The speeches will be brought by Marconi Beam from London to Yarmouth, Quebec, by Bell Telephone long distance line to Montreal, and broadcast over CFCP, the Canadian Marconi station here, and the transcontinental chain of stations of the Canadian National Railways from Montreal to Vancouver.

The broadcast will begin at 6:00 a.m. Eastern Standard Time.

Four direct contacts will thus be established between the air mail systems of the two countries—Montreal and Albany; Toronto and Buffalo; Winnipeg and Minneapolis; and St. Paul to Windsor, via Fargo and Grand Forks, N.D.

Subsequently this will be supplemented by a line from Great Falls, Mont., to Regina, Sask.

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Mr. Glover spoke in terms of high praise of the rapid development of the Canadian air mail services.

The officials of the United States were proud of the progress that Canada was making in aerial enterprises, and the two countries were closely and with friendly interest. For a nation of such scattered population in a territory that was so vast Canada had achieved before it is launched, and all British diplomat's efforts are now being devoted to this phase of the situation.

United Farmers Of Manitoba Submit Report At Convention

Brandon, Man.—Recognition of the existence of Canadian race was strongly favored in the report on legislation submitted to the annual convention of the United Farmers and Farm Women of Manitoba. It was pointed out that, while the word Canadian is now to be accepted in general terms under the heading of nationality it is not a permissible one as a racial or tribal origin. The report concludes that many of the races accepted under this heading are of a more polyglot origin than the present Canadian race.

Dominion Debt Lower

Financial Report Issued At Ottawa Shows Substantial Drop

Ottawa.—The three-quarter mark in the present fiscal year finds Canada with increased revenues, increased expenditures and a substantial drop in the net debt of the Dominion. The financial statement issued through the Department of Finance shows total ordinary revenue of the Dominion as amounting to \$351,287,325 for the nine months of the present fiscal year which closed on Dec. 31 last.

For the corresponding nine months period of the preceding fiscal year ordinary revenues totalled \$345,282,544. The increase therefore amounts to \$6,004,781.

The Daily Telegraph states: "It must be said that the temper of Mr. MacDonald now discloses and confirms too well an apprehension that has long been entertained. Even he approach the conference with a clear resolution that the country's and the Empire's naval necessities shall be in no way compromised by any forthcoming agreement? What is feared—and the tone of this new statement confirms the fear—is the prime minister's intention to justify his own optimism by producing the result of the conference as an agreement by hook or by crook, and will not be deterred if it is found untenable only through the reckless sacrifice of British naval interests."

Will Broadcast King George's Speech

Trans-Canada Hook-Up Arranged For Speech To Be Delivered On January 21st

Montreal.—Negotiations have been completed between the Canadian National Railways, the Marconi Company, the Bell Telephone Company, the British Post Office and the British Broadcasting Corporation whereby the speech of His Majesty King George, at the opening of the Naval Conference in St. James Palace, London, will be broadcast throughout Canada on Tuesday morning, January 21.

In addition to the speech of the King, addresses will be heard from the representatives of the five powers and of the British Empire. Colonel Ralston, Canadian Minister of National Defence, will be the first representative of the British Empire to speak, being seventh on the list of speakers.

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Will Sound Public Opinion

Premier Anderson Considers National Resources Question Most Important Problem Facing Saskatchewan

Saskatoon.—Before replying finally to the offer of the Dominion Government to transfer the resources to the province, the government of Saskatchewan proposes to ascertain to a considerable extent the exact state of public sentiment in the province. Dr. J. T. Anderson told a board of trade gathering at luncheon here.

One delegation, he said, had already been interviewed on the subject and another would be seen very shortly.

It was the most important problem facing the province at the moment, he declared, and he held the view that the consensus of opinion of the citizens generally should be ascertained in order that the attitude taken in the reply which would be made, would be representative of the general sentiment in the province.

Men Scramble For Jobs

Two Thousand Men In Frantic Fight For Work In Liverpool

London, England.—An answer to those who think the unemployed prefer the dole to work was given in Liverpool, where 2,000 men were so frantic in a fight for the work of unloading the steamer "Orpheus" that they broke up the stands in their rush.

When the foreman appeared there was a stampede of men who fought and scrambled to get in front, and it was some time before order was restored.

Assistant Commissioner

C. A. Van Scoy, newly-appointed Assistant Commissioner, Department of Immigration and Colonization, Canadian Pacific Railway, Montreal.

He succeeds J. N. Macalister, who is now Chief Commissioner of the Department. For the past four years Mr. Van Scoy has been superintendent of Colonization for the Canadian Pacific at Winnipeg, in charge of Western Canadian and United States offices, and has had seventeen years' colonization experience with the Company.

Parliament To Open February Twentieth

By Elections Will Then Be Over Before Session Starts

Ottawa.—Parliament will open on Thursday, February 20, or about two weeks later than the opening date of the opening, at the conclusion of a long cabinet meeting. Premier Mackenzie King pointed out that three constituencies were pending in three constituencies and that it was desirable to have them over before the session commenced.

The three constituencies in which by-elections are to be held are Bagot, Chateaugay-Huntingdon, and Brandon. In the latter constituency, where Hon. T. A. Cresser, Minister of Railways and Canals, is seeking election the contest is set for February 12, while in the other two constituencies the date is earlier. Consequently, it may be possible to have the three successful candidates in the House on the opening day.

But Prairie Air Mail Likely To Start February Third

Ottawa.—Officials of the post office department have tentatively set the date of the inauguration of the prairie air mail service on February 3, with indications at present are that the first flight between Winnipeg and Calgary will be made on that date, but it is pointed out that everything depends on the complete installation of beacons over the route.

Communicable delay has already been caused through a shortage in the supply equipment for night flying, and officials see the possibility of a further holdup. The route cannot be opened until installation of lighting equipment is completed, as most of the flying will be done at night.

Propose Gold Medals For Master Farmers

Idea Explained At Session Of Alberta Agricultural Farmers Association

Edmonton.—A proposal to award gold medals for "master farmers" was explained at the concluding session of the Alberta Agricultural Farmers Association here, by L. T. Chapman, editor of the Nor-West Farmer, Winnipeg.

Under the scheme as outlined by Mr. Chapman, neighbors may nominate anybody for the degree of Master Farmer. A committee would later visit the nominee, check up on his farming methods, his business methods, home life and citizenship, and then if the nominee gets enough marks out of the 1,000 allotted on the score cards, he becomes a Master Farmer, gets a gold medal and achieves fame. The proposal was referred to the association's executive to deal with as it may deem fit.

Death In Collision
London, England.—The British Air Ministry announces that four members of the Royal Air Force have been killed in an air crash, in a collision of two aeroplanes in mid-air.

The officers who were piloting the planes had been sent to the Royal Air Force. The other two officers were non-commissioned men.

More Planes For Search
Fort Worth, Texas.—Two Fairchild cabin planes which have been used in Universal air line passenger service between Fort Worth and Tulsa, Okla., will be sent to Alaska to search for Carl Ben Eielson, missing Alaskan flyer. The ships will be dismantled at Tulsa, shipped by train and reassembled and reassembled at Fairbanks.

Four Aviators Killed
Members Of Royal Air Force Meets

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Alaska was the scene of a fatal one in the Royal Air Force this year. Last year there were 42 deaths in the Royal Air Force in flying accidents.

On-to-the-Bay Association Will Continue To Function Until Route Established

Optimistic Over Parley

British Premier Thinks Prospects For Naval Agreement Bright

Lonsomehouse, Scotland.—Prime Minister Ramsay MacDonald, who has returned to London after a fortnight's holiday in his Scottish home, is full of optimism over the prospects for the five power naval disarmament conference. He said that arrangements will continue in existence. By means of pamphlets and literature, the association will take an active part in endeavoring to promote trade from Europe, particularly Great Britain, and will seek increased annual grants for this purpose from the governments of Manitoba and Saskatchewan.

Until the freight, railway and insurance rates have been fixed and sufficient traffic obtained to justify the building of the Hudson Bay Railway and development of Churchill, Manitoba's ocean port, the association will continue in existence. By means of pamphlets and literature, the association will take an active part in endeavoring to promote trade from Europe, particularly Great Britain, and will seek increased annual grants for this purpose from the governments of Manitoba and Saskatchewan.

Decision to maintain the association was reached at the sixth annual general meeting held here recently, at which Brigadier-General H. W. Patterson was re-elected president, Clarence F. Graham, Saskatoon, was re-elected honorary president, and Lieut-Col. F. J. James, Regina, a vice-president.

A resolution was adopted supporting the "efforts" made by various centres to get direct connection with Churchill. It pointed out the desirability of an "commercial centre" in Western Canada being linked with the northern port with the least possible misgiving. Other resolutions were passed paying tribute to Hon. Charles A. Dunning, now minister of finance, for his efforts in the completion of the Hudson Bay line as minister of railways, and expressed approval that another western man, Hon. T. A. Cresser, should be elected to the post vacated by Mr. Dunning.

If a recommendation, submitted to the executive, is acted upon the Dominion Government will be asked to invite H.R.H. The Prince of Wales to officiate at the opening of the northern port. The Prince of Wales Throne coming to Churchill by water. Failing his ability to be present, Lt. Hon. Winston Spencer Churchill would be asked to fill his stead. Charles P. Gray, Winnipeg, sponsor of the recommendation remarked that the post was named after one of Mr. Churchill's forbears.

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Alberta Premier Believes Federal Aid Should Be Given For Relief Measures

Edmonton.—A statement issued in Ottawa by Hon. Peter Heenan, Minister of Labor, to the effect that unemployment conditions and relief measures are entirely a provincial and municipal responsibility, is challenged by Premier Brownlee, Mr. Heenan had said that at the Dominion provincial conference in 1927 this position had been recognized by the provinces, whose representatives had made it clear that they did not wish the Federal Government to engage in such measures.

To this Mr. Brownlee answers that he has no recollection of any such attitude being taken in behalf of the provinces, and in fact the latter had strongly objected to the Dominion acting in such questions without consultation. The position of Alberta in the matter was again legitimated to Mr. Mackenzie King on the recent visit to Ottawa.

"Under normal circumstances," says the Alberta premier, "unemployment relief might be dealt with as a provincial and municipal issue, but there do come times when because of national considerations all governments should join in sharing the burden. The unemployment of the present season is a case in point. It is not due to local circumstances but arises from national conditions and it is therefore a sound argument that governmental organizations should at such a time forget the state distinctions of the B.N.A. and see how best they can together share the common responsibility."

Over 72 per cent. of the men now being given unemployment relief have been found to have come to Canada within the last five years, and the majority to have been less than five years in Canada. A large number of them have come during the past year despite strong representations by the provincial government that immigrants of that type were not wanted under existing conditions. Premier Brownlee gives this as the reason for the "check" that has been made of the unemployed men who have registered with the relief bureau and he regards it as an effective means to the payment of the Dominion authorities for the unemployment situation.

"On the immigration question we are subject," he said, "to Dominion policies and measures, and it does seem inconsistent that the Dominion should be asked to share the burden of unemployment when it is no federal financial responsibility."

Winnipeg.—The On-to-the-Bay Association with membership in Manitoba and Saskatchewan, organized some years ago to promote construction of the Hudson Bay Railway, will continue to function.

Until the freight, railway and insurance rates have been fixed and sufficient traffic obtained to justify the building of the Hudson Bay Railway and development of Churchill, Manitoba's ocean port, the association will continue in existence. By means of pamphlets and literature, the association will take an active part in endeavoring to promote trade from Europe, particularly Great Britain, and will seek increased annual grants for this purpose from the governments of Manitoba and Saskatchewan.

Decision to maintain the association was reached at the sixth annual general meeting held here recently, at which Brigadier-General H. W. Patterson was re-elected president, Clarence F. Graham, Saskatoon, was re-elected honorary president, and Lieut-Col. F. J. James, Regina, a vice-president.

A resolution was adopted supporting the "efforts" made by various centres to get direct connection with Churchill. It pointed out the desirability of an "commercial centre" in Western Canada being linked with the northern port with the least possible misgiving. Other resolutions were passed paying tribute to Hon. Charles A. Dunning, now minister of finance, for his efforts in the completion of the Hudson Bay line as minister of railways, and expressed approval that another western man, Hon. T. A. Cresser, should be elected to the post vacated by Mr. Dunning.

If a recommendation, submitted to the executive, is acted upon the Dominion Government will be asked to invite H.R.H. The Prince of Wales to officiate at the opening of the northern port. The Prince of Wales Throne coming to Churchill by water. Failing his ability to be present, Lt. Hon. Winston Spencer Churchill would be asked to fill his stead. Charles P. Gray, Winnipeg, sponsor of the recommendation remarked that the post was named after one of Mr. Churchill's forbears.

Propose Gold Medals For Master Farmers

Idea Explained At Session Of Alberta Agricultural Farmers Association

Edmonton.—A proposal to award gold medals for "master farmers" was explained at the concluding session of the Alberta Agricultural Farmers Association here, by L. T. Chapman, editor of the Nor-West Farmer, Winnipeg.

Under the scheme as outlined by Mr. Chapman, neighbors may nominate anybody for the degree of Master Farmer. A committee would later visit the nominee, check up on his farming methods, his business methods, home life and citizenship, and then if the nominee gets enough marks out of the 1,000 allotted on the score cards, he becomes a Master Farmer, gets a gold medal and achieves fame. The proposal was referred to the association's executive to deal with as it may deem fit.

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Farmers Of Western Canada View With Hopefulness The Coming Of The New Year

As 1920 starts, the western farmer is sitting tight—and hoping. He is sitting tight because he realizes that he will receive between \$100,000,000 and \$200,000,000 less for his wheat crop than he did for the bumper yield of 1919. He is hoping because the future gives him reason—and because the farmer by his nature is an optimist.

In resigning himself to the adverse situation arising out of the drastically-reduced crop, the agrarian is lining up beside the businessmen in the cities. Side by side, the rural west and the urban east are striving to make the best of conditions. When business generally slowed up last fall, unemployment on the prairie swelled from a negligible figure until it reached the highest mark in recent years. But the provinces, civic organizations and individual companies joined in a concerted effort to aid the jobless. Every project possible in the face of existing conditions is being pushed forward to provide employment.

While the wheat pool is still jockeying for position with regard to prices for the 1920 yield the farmer has an eye on the possibilities of next year. An unusually dry summer, and an autumn with barely average precipitation have left the soil deficient in moisture. Undoubtedly, however, generous spring rains can still bring a record 1920 yield—and, of course, the farmer is hoping that world conditions may make the coming harvest worth a good price.

So—non-twenty-nine, at its close, brought a smile to the west where a considerable portion of the 1920 yield is still in store. Official reports at Christmas from the Argentine indicated that the southern republic's wheat output will be far below the average private estimate. That the wheat pool members—and that is to 60 per cent of the prairie's wheat production—developments in the Argentine appear as strong support of the pool's policy of "watchful waiting" until prices are what they consider fair.

In the interval between crop-times, agrarian attention is occupied to a marked extent by provincial conventions of farmers' bodies. Some 20-60 active members are directly connected in Manitoba, Saskatchewan and Alberta sessions all three to be held early this year. Probably 1,500 delegates will attend the three annual meetings, presenting the resolutions approved by various districts in the bid to mould a general farm opinion.

The past year has been one of approval for farmers' demands.

During 1920, the flow of immigrants from Europe's non-preferred countries was restricted to 30 per cent of the previous year's total and a complete reorganization was effected in the board of grain commissioners. Both these concessions were requested at all three provincial meetings early in 1920.

Besides, the western farmer expressed strongly of the decision to list "Canada" as a nationality on consular sheets and of various signatures of the League of Nations official clause.

Ahead, the farmer sees the opening of the Hudson Bay Railway to Churchill and of the cheaper wheat transport overseas. He sees improved conditions through extension of telephone light and power lines. He sees better roads and lighter taxes. He dreams of that bigger crop in 1920, and thinks the chances of cashing in fairly well on the half size 1920 yield.

At the present, there is the winter's work to do, and the resolutions to complete for the annual conventions. So the farmer in the west is philosophically forgets the past and, to a great extent, the worries it has brought into the present. He sits tight and he hopes.

"Fiosse has a difficult part in this play."
"But she is cast for a non-speaking part."
"Yes, very difficult for a woman."—
Euen Humer, Madrid.

W. N. U. 1920

A Famous Pecan Tree

Farmer In Texas Has Fine Income From Its Production

Spoken of as the father of pecan trees, the Jumbo Hollis tree, situated upon the farm of J. W. Morris, near San Saba, Texas, holds the record of all nut trees in the matter of income from its production. For many years its annual crop of pecan nuts has sold for from \$500 to \$1,000.

In a single season it produced a crop that sold for \$1,000. It is believed to be the largest pecan tree in Texas. Its towering branches cover an enormous area, and there have been but few years when they were not loaded down with nuts of the thin-shell, large variety.

The nuts from this tree always bring fancy prices. In addition to the small fortune which the tree has brought its owner from the sale of its annual crop of nuts it has produced thousands of buds for budding other pecan trees throughout this section. Many of the budding trees are producing big yields of nuts of the same variety as the Jumbo Hollis parent tree. The famous tree is located on the banks of the Colorado River, and its age dates back for more than one thousand years, according to tree experts.



(By Annabelle Worthington).

Winnipeg Newspaper Union
The Winnipeg Newspaper Union is a body of men and women who are interested in the welfare of the newspaper industry. They are interested in the welfare of the newspaper industry. They are interested in the welfare of the newspaper industry.

2961
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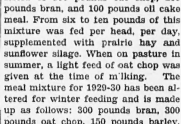
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The Dual Purpose Cow Many Farmers Find These Cattle Are Very Profitable

Some have questioned the existence of such an animal as the dual purpose cow. However, the fact remains that many Shorthorn or gray cow conformation produce sufficient milk to return a profit to their owners aside from the value of their calves which make good feeders. These qualities constitute dual purpose stock, and by reason of such qualities many farmers prefer this strain of cattle to any other class of cattle. No intelligent breeder of such stock pretends to compete with the dairy breeds in average production of milk per head, nor as a rule does he pretend to compete with the straight bred breeds in the show ring, but he is a strong contender for highest position as measured by net returns at the end of the year, writes E. Van Nee, Dominion Experimental Station, Scott, Saskatchewan.

The Shorthorn herd at the Dominion Experimental Station, Scott, Saskatchewan, was started in 1921 with no outstanding producers, continued Mr. Van Nee. During the eight succeeding years two cows have produced approximately 8,000 pounds; six records have over 6,000 pounds to their credit, and eleven have records of over 5,000 pounds. This herd has been inspected by a great many visitors and no person has questioned the suitability of the dual purpose cow for beef and waiting lists are on file continually for breeding stock. The records referred to were made without undue forcing. During the winter months the meal mixture used consisted of 500 pounds of chop, 100 pounds bran and 100 pounds of cake meal. From six to ten pounds of this mixture was fed per head, per day, supplemented with prairie hay and a small amount of alfalfa in summer, a light feed of oat chop was given at the time of milking. The meal mixture for 1920-21 has been altered for winter feeding and is made up as follows: 300 pounds bran, 300 pounds alfalfa, 100 pounds of chop and 200 pounds of cake meal.



(By Annabelle Worthington).

Would Welcome Change
Obligations Of Average Wage Earners Are Hardly Fair
Dr. Hugh S. Cummings, surgeon-general of the Public Health Service at Washington, recently stated that while the pauper receives the benefits of modern medicine free of charge and the millionaire pays dearly for them, the man of ordinary means, who will not accept charity and cannot afford high fees, is being neglected.

This opinion depicts a situation obtaining in Canada as well. As a rule, indigents suffering from physical afflictions are cared for in hospitals and the financial burden is borne by the public body, while the person of ordinary means is required to foot his own bill and the indigent's also in an indirect way.

The ultimate burden really rests with the average wage earner. He would not doubt welcome any change that would alleviate his unfair obligations.

Building Diving
Japan has proposed building a sky-scraper "backwards" or constructing it as far below ground as the tops of America rise into the sky. One contemplated will be 80 deep, having a steel framework and in the form of a huge cylinder, 150 feet in diameter, and 1,100 feet deep. It will cost \$12,000,000.

One-half of Alaska is an inhabitable as Norway. It could sustain a population of 10,000,000.

A ROYAL WEDDING
Princess Marie Jose, of Belgium, and Crown Prince Umberto of Italy, principals in brilliant wedding which took place in Rome.

Swiss Current Fox Farm
J. A. Black, who established a silver black fox farm at Swift Current, in 1924, is shipping over \$200,000 worth of pelts to England. This is an average of \$175 a pelt for 125 pelts. Mr. Black started with twenty pair in 1924, and this year he has 150 cubs. His black foxes left for future stock.

Seed Oats
Saskatchewan Government Has Quantity On Hand For Distribution
The Saskatchewan Government is now in possession of 225,000 bushels of seed oats, all available for distribution to farmers of the province. The Government is in a position to supply 10,000 bushels, delivered, an additional five cents to be added to that price if the buyer asks for delivery in sacks.

A Back Number
Some Americans were discussing English literature in the room, and an assertion that it was totally different to American, one of the party, observing an Englishman in the room, challenged a friend to go and tell him the funniest American story he knew and watch the result.
The friend took up the challenge and spun the Englishman an extra funny one. Nothing happened.
"What about that, the American said—
"Maybe you laugh at it at this time now."
"No," said the Englishman, "I laughed at it at this time last year."

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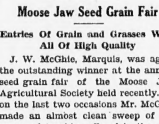
Irrigation In Western Canada

One Million Acres Of Land Under Irrigation In Southern Alberta

Each year irrigation is assuming greater importance in the agricultural development of Southern Alberta. At the present time approximately one million acres of land in this part of Canada are capable of irrigation by one or other of several companies. The proper use of irrigation water is not yet a definitely settled question.

During the past few years the subject has been given special study by the assistant superintendent of the Dominion Experimental Station, at Lethbridge, Alberta. The results of these studies have been published in a bulletin No. 125, of the Department of Agriculture, at Ottawa. The investigations have covered the irrigation of wheat, alfalfa, potatoes, sugar beets and sunflowers. The conclusions reached with respect to wheat and alfalfa are particularly interesting. Irrigation in the fall, after harvest, for the succeeding year's wheat crop was found to be a good practice. If the fall irrigated was not good, and if the precipitation of May and early June was not abnormally high, it was essential to irrigate after the crop was up in the spring, but before the plants were checked in growth by lack of moisture.

With alfalfa, it was found in years of not more than normal rainfall, beneficial to give at least two irrigations to produce two good crops. If there was less than normal rainfall, or if the precipitation of May and early June was not abnormally high, it was essential to irrigate after the crop was up in the spring, but before the plants were checked in growth by lack of moisture.



(By Annabelle Worthington).

Moose Jaw Seed Grain Fair
Entries Of Grain and Grasses Were All Of High Quality
J. W. McNeill, manager, was the annual seed grain fair of the Moose Jaw Agricultural Society held recently. As on the last two occasions Mr. McNeill has had a most successful show of crops and trophies offered in the contest.

Despite the dryness of the season grains and grasses entered for the various contests were of high quality and received the commendation of the judges. Farmers prominent in grain growing in the Moose Jaw district entered the fair and in all the classes there was a total of 54 entries. In addition to the grains and grasses there were dressed potatoes and potato exhibits and classes for boys and girls. The judges were Dr. Harrington, University of Saskatchewan, who was assisted by J. C. Mitchell, Dablinas.

The Royal Bank Cup, the Eaton Cup, the Mutual Life Challenge Cup, and the Canadian Bank of Commerce Cup were won by J. W. McNeill, manager, who is the Grant Hill Cup for potatoes, was won by J. B. Annable, Moose Jaw.

In the Saskatchewan Co-operative Creameries Limited, event, for the most points in the fodder crop exhibit, W. F. Warren secured first place. J. W. McNeill took first in the Rabbit Hock competition for registered Marquis's wheat.

See First Rain Storm
Children of six and seven years in sections of south and central Alberta recently stood in wonder and awe, and felt, rain for the first time. A seven years' drought has been broken in the country by torrential rains, so heavy that the railway between Gravel and Alice Springs was destroyed and traffic suspended indefinitely.

Sue—"Then you advise me to go into hysterics until I get a new fur coat?"
Prue—"Yes, every little bit helps."

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Revolutionary Changes In Canada's Mining Industry May Result From Scientific Discovery

Supplementary Feeds

For Breeding Hens

Special Foods To Increase the Hatchability Of Eggs

It is being found out that the hatchability of eggs can be improved by feeding the laying hens with special foods in addition to the regular rations. At the Northern Ontario Experimental Station, of the Department of Agriculture, at Ottawa, such supplementary feeds as cod liver oil, raw liver, bone meal, and a mixture of the former two were fed. One hundred hens were divided into pens of ten birds each, making duplicate pens for each feed in test, as well as for the check pen which received the ordinary ration only.

The cod liver oil was fed at the rate of one teaspoonful per bird, per day, the raw liver, one half-ounce per bird, per day, and the bone meal, one half-ounce in the dry mix at the rate of 5 per cent, by weight. For the pens receiving both the cod liver and the raw liver, the quantity of each was reduced one-half. The experiment was divided into two periods with one week between them. The first period covered the regular laying season when male birds were kept in their respective pens, while the second period covered the incubation period. The first period covered 43 days, and the second period 26 days. Separate records were kept with each of the two periods.

This work was continued over three seasons. The average number of eggs required per chick at the end of the week of age over the three year period was as follows: raw liver, 2.2, ordinary ration, 2.0, cod liver oil, 2.0, and bone meal, 2.0. The results of the second period, which was expected in 1920 from a diminution in the strength of ultra-violet rays from the sun.

Discus Empire Trade
Commercial Travellers Would Hold Empire Meeting In Toronto
Resolution favoring the holding of a convention of commercial travellers from all parts of the British Empire to discuss Empire Trade was passed at the annual meeting of the Commercial Travellers' Association of Canada, held in Toronto.

The meeting would be held in Toronto at a date yet to be decided on. Dr. E. C. Colwell, president, in his address to the delegates, said conditions throughout Canada are sound for the next four or five years. While hesitating to make definite predictions on account of the vagaries of the sun's activities, deductions from a long series of investigations led him to believe 1890 will see a reduction in rainfall with the many results which that entails.

The effect of ultra-violet rays on rainfall has been definitely established. Dr. Delury states, "Ultra-violet rays are strongest when sun spots are largest and most frequent. The eleven-year cycle for sun spots reaches its peak in 1923, and in 1929 there was another period of great activity. The next few years should see a gradual decrease in those phenomena."

Prize Holstein Cows
Supply Farm, At Strathmore
The five prize Holstein cows of the Supply Farm, at Strathmore, which have been conspicuous prize winners this year, have hung up splendid records in milk production during the year ending October 31st, according to reports of the Holstein-Friesian Association of Canada. The five cows in question stood at the top of the list in their classes, in every case. The group consisted of two mature cows, one four-year-old, one three-year-old, and one two-year-old. The two mature cows stood first and second for all Canada, and the other three stood first for all Canada.

Sun Rises Clock
Prof. W. E. Cooke, at the observatory in Sydney, N.S.W., has perfected a clock that is run by sun's rays. They pass through a small hole and fall upon a scale graduated so that the register fraction of a minute. The clock is accurate as long as the sun is shining.

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Prize Holstein Cows
Supply Farm, At Strathmore
The five prize Holstein cows of the Supply Farm, at Strathmore, which have been conspicuous prize winners this year, have hung up splendid records in milk production during the year ending October 31st, according to reports of the Holstein-Friesian Association of Canada. The five cows in question stood at the top of the list in their classes, in every case. The group consisted of two mature cows, one four-year-old, one three-year-old, and one two-year-old. The two mature cows stood first and second for all Canada, and the other three stood first for all Canada.

Sun Rises Clock
Prof. W. E. Cooke, at the observatory in Sydney, N.S.W., has perfected a clock that is run by sun's rays. They pass through a small hole and fall upon a scale graduated so that the register fraction of a minute. The clock is accurate as long as the sun is shining.

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PATENTS

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THE EMPRESS EXPRESS

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E. S. Baines Proprietor A. H. Hinkle

Thursday, Feb. 13, 1930

Kent Show Co., Monday.

St. Valentine's Day Friday February 14.

Born—To Mr. and Mrs. P. Burk, February 3, a daughter.

The regular monthly meeting of St. Mary's W.A. will be held at the home of Mrs. Geo. Durr, on February 18, at 3 p.m.

Ken. Hendry, who has been attending the motor school at Regina, returned to town on Monday night.

Mrs. Wm. Stothers is entering her mother, Mrs. Fischer, of Burnside.

The regular meeting of the Women's Missionary Society will be held at the home of Mrs. Basmah, on Wednesday afternoon, February 13th, at 8 o'clock.

Miss Kathleen Sexton, who has been visiting with her mother for the past two months, returned to Calgary on Saturday morning.

Miss Mary Rowles, who has been doing special work at nursing in Medicine Hat, has accepted a position on the nursing staff of the Lindsell hospital.

The appeal in the matter of the Jenner Prairie Fire Case, heard by His Honour Judge Green, at Medicine Hat Court House, last Monday, February 3, was dismissed.

The resignation is announced from the leadership of the provincial Liberal party, of Capt. J. T. Shaw. Pressure of business is given as the reason by Capt. Shaw for his resignation from leadership. He will carry on leadership until the end of the session.

Mouth Health Campaign

Alberta already occupies a very enviable position among the Provinces of Canada from the standpoint of matters of health and the education of the people in matters pertaining to their physical well being. Now it is proposed that the Canadian Dental Hygiene Council, working in co-operation with the Prov. Departments of Health and Education, the Alberta Dental Association and the Alberta Red Cross Society, will carry the gospel of preventive dentistry to every man, woman and child in a Province-wide Campaign commencing Feb. 17, 1930.

The most important time in the development of human teeth is before birth and during the first seven years of the child's life. Almost one hundred per cent of the adults and children of today have decayed teeth and these are the primary causes of most of the serious diseases. In fact we have given our teeth too little concern.

Preventive dentistry does not mean visits to the dentist's office. It means correct habits of living, balanced diet and proper attention to mouth cleanliness and oral hygiene. Speakers who can deal with these matters authoritatively will bring to the people of the Province what the scientists have discovered with regard to the importance of the care of the teeth of the growing child.

I.O.D.E. Report—cont.

a very large quantity of mending.

Also, cakes and sandwiches were provided for Florence Nightingale Tea, under the auspices of the Nurses. The Executive and other members assisted in serving.

Our Chapter has also become an associate member of the League of Nations.

Appropriations have been made to many and various causes as follows:

Work in India, 1.00; fund for prizes for Native Handicrafts, 1.00; Provincial budget, 5.00; work among foreign born, 5.00; fund for English school girls' work, 5.00; fund for British Soldiers' Hostel, 16.50; fund for Prov. Fed. 10.00.

Four I.O.D.E. Calendars were presented for use in the four rooms of the Kitchener School. At Christmas time two boxes were sent to a local family in distress.

A large and well filled hamper was sent to the local widow and children of a soldier of the Great War. In January, a ton of coal was sent in the same widow.

Miriam Herr-Shannon, Secy.

Here and There

(401)

The largest passenger liner into the port of Saint John in 1928 was the "Patriarch" of 4,500 tons; nowadays the 20,000-ton "Duchess of York" is but one of four "Duchess" ships using the port, said Hugh A. Allan, founder of the Allan Line of Steamships, on landing at Saint John recently, and commenting on the growth of the port. He was certain it would continue to grow in the future as it had done in the past.

There is a huge market in Europe for breeding silver foxes which will absorb all that Canada has to offer for many years. In the view of J. S. Westlock, of St. John, passenger on the "Duchess of York," who has been spending some time in Sweden where he established a fox farm stocked from his farm on Prince Edward Island.

Sponsored by Hon. R. Randolph Bruce, Lieutenant-Governor of British Columbia, and under direction of Harold Entwistle Key, master director for the Canadian Pacific Railway, the second annual sea music festival has just been held at the Empress Hotel, Victoria. With great success. Artists of international repute took part in the revival of the sea chanteys that men sang when wooden ships manned by iron crews sailed the Seven Seas.

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Watch Your Weight

The food taken into the body is used either as a source of energy or for tissue building. In order that it may be available for such purposes, the food, as taken, passes through a series of chemical changes which we call digestion, following which it is assimilated in the tissues. It is then available for use as energy. Energy is required to move the muscles. It is also needed to keep the various organs of the body in operation, and, in addition, it is required to maintain the heat of the body. To meet the body needs for energy, and also

to provide for growth and the replacement of worn-out tissue, a certain amount of food is required. If sufficient food is not taken, the body functions below par, and, if an excess over the amount required is taken, it is stored up in fat. Outside of those cases where there is disease which upsets certain glands whose internal secretions have some control over nutrition, the putting on of weight means that more food is being eaten than is required.

The amount of food required by different individuals varies a great deal. The growing school child requires about as much as an adult, because

not only is the child active, but he is growing. Those individuals whose occupations call for vigorous use of the muscles, require more food than those who sit most of the day. Even among those of similar activity, there is a difference—one person normally using more food to keep his body going than another. By keeping watch on your weight you can soon learn if you are eating more food than you need. Weight that gradually increases over the normal, taking into consideration age, sex and height, is an indication that the food intake should be reduced. It is much easier to avoid overweight than it is to reduce after the excess pounds have been added on.

It is a good plan to watch your weight. It is not suggested that you live with one eye on the weight scale, but a check-up once a month is advisable in order to note any sudden loss of weight and to guard against increasing weight after the age of forty, neither of which is desirable from a health standpoint.

A DOLLAR'S WORTH

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